

Helergon Kitchen

# Banana Oatmeal Bars – Energizing Healthy Snack

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| **15 min** Prep time | **20 min** Cook time | **35 min** Total time |
| **12** Servings | **Easy** Difficulty | **American** Cuisine |

## Ingredients

### Base

- [ ] 2 ripe bananas, mashed
- [ ] 2 cups rolled oats
- [ ] 1/2 cup almond butter
- [ ] 1/4 cup maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp ground cinnamon
- [ ] Zest of 1 small lemon

### Add-ins (optional)

- [ ] 1/4 cup chopped walnuts
- [ ] 1/4 cup dried cranberries
- [ ] 2 tbsp dark chocolate chips

## Instructions

1. Preheat the oven to 350°F (175°C) and line an 8×8-inch pan with parchment paper.
2. In a large bowl, mash the bananas until smooth, then stir in almond butter, maple syrup, vanilla, cinnamon, and lemon zest until fully combined.
3. Fold in the rolled oats gently; if using, add walnuts, cranberries, or chocolate chips now, spreading them evenly.
4. Press the mixture firmly into the prepared pan, smoothing the top with the back of a spoon.
5. Bake for 20 minutes, or until the edges turn golden and a toothpick inserted in the center comes out clean.
6. Allow the bars to cool completely in the pan before lifting them out using the parchment overhang; slice into twelve squares.

### Nutrition per serving

| 210 kcal | 5 g | 30 g | 9 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the batter feels too wet, add an extra 1/4 cup of oats.
- For extra flavor, sprinkle a pinch of sea salt on top before baking.
- These bars keep their shape better when chilled for 15 minutes after cutting.